Music therapy

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Abstract :

In India and the West, music therapy is widely used to promote mental, intellectual, and physical well-being. The "raga system," which consists of a collection of melodic tones, has been utilized to uplift the human heart and encourage the body's inherent healing mechanisms. Apollo, the Greek lord of music and healing, has long been appreciated by Westerners as the link between music and health. In 1998, the American Music Therapy Association was founded with the goal of advancing music therapy. Indian music, which combines spiritual beauty, psychology, and philosophy, has been utilized to treat a variety of illnesses and reduce stress.

The idea of nada yoga has a big influence on music therapy since it awakens the spirit in every part of the body. In addition to improving physical and mental health, music therapy also reduces stress, eases pain, and creates a welcoming environment. Additionally, it promotes mental clarity, improves memory and mathematical skills, and supports overall development. Evening music can assist calm tense muscles and neurological systems and reduce exhaustion. Music therapy is an inexpensive, non-harmful way to address mental and physical health issues.It discusses how foreign music, including jazz, pop, and rock, might harm the nervous system and eardrums. Diseases are growing more common as a result of urbanization,

commercialization, and industrialization, making music therapy a more advantageous option than costly medical therapies.

Key words: human life, health, matungamuni, music therapy, Indian music, Improved Physical Health, Reduced Stress, Pain, Improved Mental Health, and Passion Are All Benefits of Music Therapy

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INTRODUCTION :

The art of music is a sound synthesis consisting of notes, stages, emotions, rhythms, and shrutis. Sound plays a very important role in maintaining the balance of physical, intellectual and mental health of human beings. That is why music therapy is becoming more popular in India and in the West, and a special curriculum has been devised for music therapy.

Regarding the 'raga system', Matunga muni said in the 9th century: 'Raga is a combination of melodious sounds that has the power to brighten the human heart. Listening to a particular tune over and over again produces specific waves, giving special sensitivity to the diseased nerves and muscles and producing more blood circulation and energy in them, so that the patient recovers naturally on his own.

Music therapy by foreign: Westerners have been aware of the relationship between music and health since time immemorial. For example: Apollo of the Greeks, being the lord not only of music and art, but also of the act of healing. The West’s own

Pythagoran philosophy is largely similar to the concept of the Indian ‘anahatana’. The relationship between music and health is also discussed in the writings of Aristotle and Plato. Moreover, music therapy is very popular in modern Western countries, and those who have participated in the First and Second World Wars and suffered from mental and physical disturbances were provided with musical therapy by expert musicians. For the first time in the world, a degree program in music therapy was started at Michigan State University in 1944. Today, the Certification Board for Music Therapists in the US is conducting tests at the national level. The American Music Therapy Association was established in 1998 for the purpose of music therapy.

Indian Music Therapy: Indian music embodies philosophy, psychology, spiritual beauty. The ragas of Indian music were in the form of samagana. The knowledge that singing a particular raga cures a particular disease was prevalent in ancient India under the name ‘Raga Therapy’. It is at ‘Nav St’ in Chennai that sound disease is classically studied. It was also suggested at the National Conference on Music Therapy in Chennai in January that music therapy should be used to relieve the mental stress faced by tsunami victims and to bring them peace. This concept in nada yoga has a great impact on the fact that music creates a stir for the spirit at every stage of the human body. For example, the vowel ‘sa’ corresponds to the lowest base picture. That is to say, if the recitation of the swara is studied classically, it is possible to energize the mulaka muladhara chakra. Similarly, the vowel ‘Re’ corresponds to the Swadhistan Chakra, ‘Ga’ corresponds to the Manipura Chakra and ‘Ni’ corresponds to the highest chakra, the Sahastra. In music, the ascending and descending similarly lead to the flow of energy in the dakras. Thus, music therapy has gained special recognition in Indian culture since time immemorial.

Nowadays music therapy is used in different ways in the world. For example: Delhi’s Apollo Hospital has a department of music

therapy where ailments like high blood pressure, swelling, pain, migraine, headache, arthritis, etc. are treated. In the verandah of The K.M. Shah Dental College and Hospital in Baroda city, Gujarat, a music therapy system has been installed and patients waiting in queues sit in a state of ecstasy listening to the music. In the 40s and 50s, Violin Chowdaiah said that plants and prices would be lushed by the waves of music and yields would rise significantly. Similarly, some farmers in and around Nayakanahatti in Chitradurga district have still installed music on small loudspeakers in their fields to get higher yields in jowar, ragi and sunflower crops. Recently, the BBC reported that classical music has played a significant role in maintaining the health of children. Music increases the child's brain circulation and facilitates the comprehension of subtle thoughts. Good music responds to a child's emotions and helps in healthy growth.

Ustad Bade Ghulam Ali Khan suffered a stroke in 1961. Then the sub-part of his body became completely inactive. And it also stopped. But Bade Bulam Alikhan started singing regardless of this. The doctors who see them will make you a favorite tired from the song. He requested you not to sing. Then he said, 'If I want to be alive, I have to sing'. Within two years, he was completely cured and became known as one of the most renowned musicians of the state. Thus it would not be wrong to say that music helps in curing various diseases. For example, if saaveri raga is heard by people suffering from arthritis, it will have a greater effect. Children who are overly active are engaged in bhajans. Madhyamavathi calms the excited mind. Raga Bhairavi can cure diseases related to phlegm dosha such as asthma, cough, cold, tuberculosis (TB), etc. While Raga Malhara is a remedy for anger and stress, Raga Saurava and Jai Jai reduce mental distress. Raga Hindola increases concentration. It is also a cure for liver diseases. So that the therapeutic information of the ragas can be understood.

Music therapy is thus responsible for many of the benefits of human life.

- Helps in the pleasantness of the mind
- Improves physical and mental health.
- Stress is bad.
- Relieves pain
- Helps to be friendly and cooperative with everyone
- Creates a friendly atmosphere.
- The 'rhythm' and 'elegance' of music reach the wavelengths of the child's brain
- Helps in all-round growth.
- Children's mathematical knowledge of raga, taala, gati, gati, gait, sthiti, etc.,
- found in classical music There is no doubt that it will increase.
- Enhances our knowledge of memory.
- Evening tunes help to stay upbeat throughout the day while evening tunes help to stay upbeat throughout the day Relieves the fatigue of the day and refreshes the mind.
- Soothes agitated muscles and nervous system.

Specific music therapy is given based on each person's physical and mental condition. It is natural for modern-minded people to like foreign music like 'rock', 'pop', 'jazz' etc. Be it this music, based on his intense technology, R&B, which originated as a form of anger or protest; Music like jazz and blues basically have unnatural and negative waves within us. Such music can fill the listeners with frenzy, passion and passion. In some cases, this music has an adverse effect on the ear drum and nervous system.

Conclusion: In the modern world, due to industrialization, commercialization and urbanization, human beings are suffering from many new kinds of diseases and to get rid of them, one has to resort to expensive medicines prescribed by doctors. In this context, there is no doubt that it will be more beneficial for the people if the simple, non-financial assistance and non-adverse effects of 'music therapy' is adopted in the 'scientific therapy' system.

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